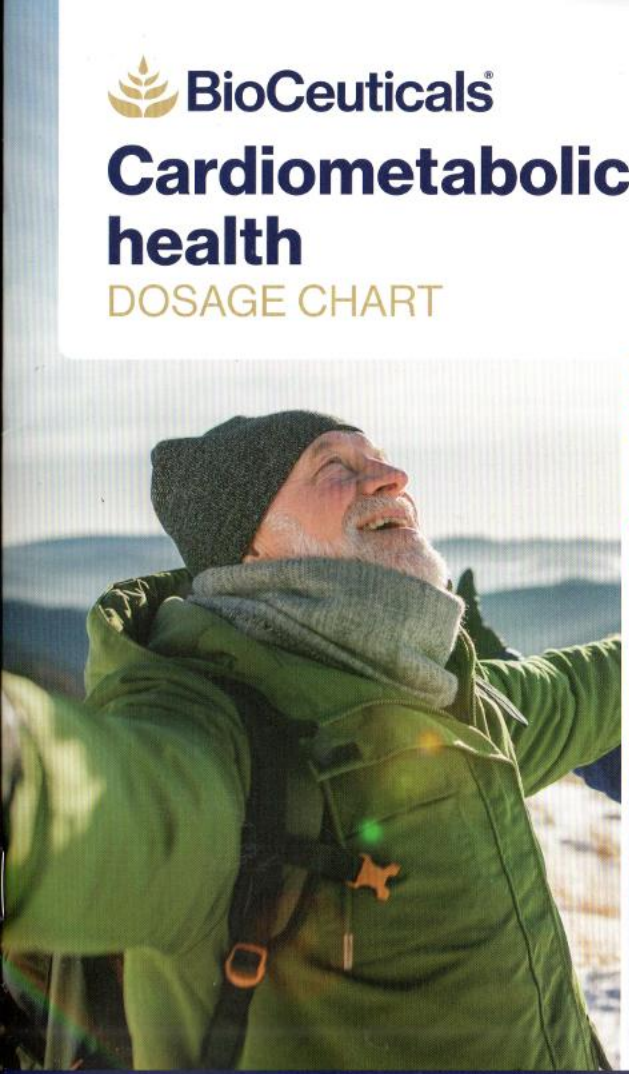
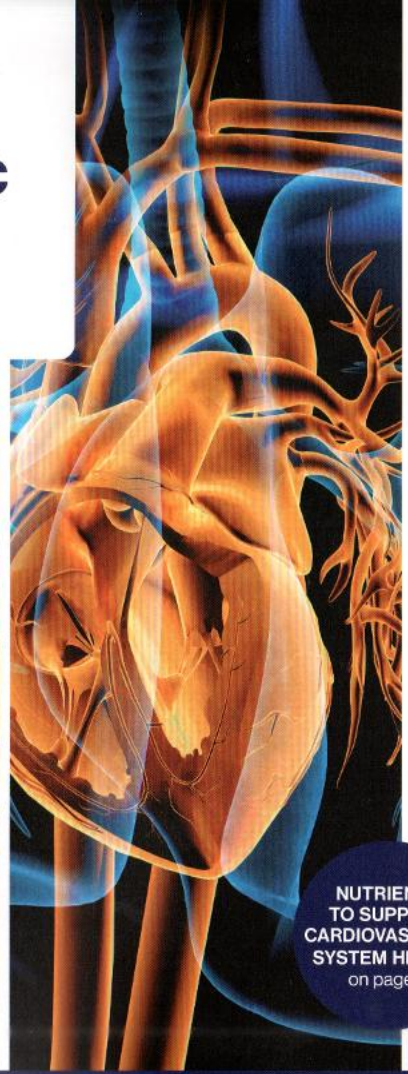
BioCeuticals®

Cardiometabolic health

DOSAGE CHART





NUTRIENTS TO SUPPORT CARDIOVASCULAR SYSTEM HEALTH on page 2

COQ10 & UBIQUINOL DEEP DIVE on page 3

RECOMMENDATION GUIDE on back page

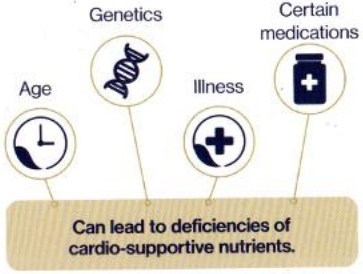
Nutrients & cardiovascular system health

The cardiovascular system depends on a constant supply of essential nutrients to support its healthy function.

Only 1 in 25 Australians currently meet the recommended intake of fruits and vegetables[1]

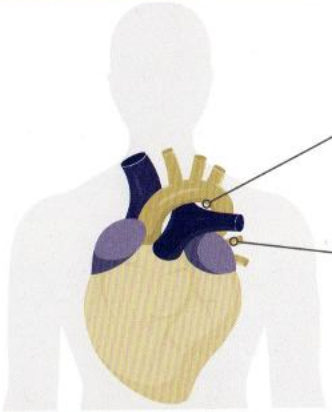
Nutrients provide antioxidants and protect against free-radical damage and support:

- Cellular energy production in cardiac muscle cells
- Blood vessel health and integrity
- Healthy blood lipids
- Healthy homocysteine levels



THREE POINT APPROACH TO SUPPORTING CARDIOVASCULAR SYSTEM HEALTH

FOUNDATION SUPPORT
for cardiovascular system health



1 ANTIOXIDANT SUPPORT
- Ubiquinol
- CoQ10 (ubiquinone)

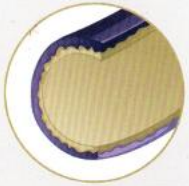
2 ANTI-INFLAMMATORY SUPPORT
- Omega-3 EPA+DHA

TARGETED SUPPORT
for heart muscle, blood vessels & mitochondrial function

3 TARGETED SUPPORT

HEART MUSCLE HEALTH
- Magnesium
- Potassium
- Calcium
- Vitamin D3
- Omega-3 EPA + DHA

BLOOD VESSEL HEALTH
- Vitamin B6
- Vitamin B12
- Folinic acid
- Vitamin D3
- Vitamin K2
- Magnesium



CELLULAR ENERGY PRODUCTION & MITOCHONDRIAL FUNCTION
- Magnesium orotate
- Alpha lipoic acid
- Vitamin B2
- Vitamin B3
- Vitamin B5

Address modifiable and support non-modifiable risk factors.

FOR PROFESSIONAL REFERENCE ONLY.

CoQ10 and ubiquinol: a closer look

CoQ10 is a key antioxidant nutrient for the healthy function of the heart and blood vessels.

- CoQ10 exists in the body in two forms: ubiquinone, the oxidised form, and ubiquinol the reduced or active form
- In cells, both forms are required for cellular energy production
- In the circulation, more than 95% of CoQ10 is found in the active ubiquinol form
- The body's production of CoQ10 steadily declines with age
- The use of certain medications may also reduce CoQ10 levels in the body e.g. statins

Women experience unique factors that help shape their cardiovascular and metabolic wellbeing, with key life stages playing an important role.

These factors include:

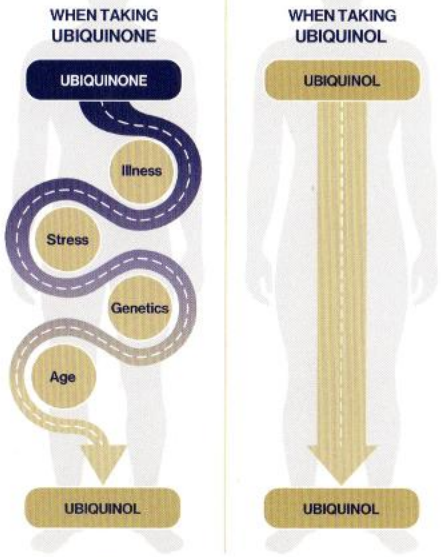
- Natural hormonal changes e.g. menopause
- Thyroid health
- Blood glucose health

Supporting these factors can help to shape their overall health and wellbeing.

Ubiquinone vs. ubiquinol

CoQ10 (ubiquinone) needs to be converted to ubiquinol to be utilised.

Ubiquinol is rapidly absorbed and a bioavailable form of CoQ10.



Our ability to convert, absorb or metabolise CoQ10 declines with age and other factors.

CoQ10 (ubiquinone) is the most suitable recommendation for ages 20-40

35 ⟷ Regularly works out

Looking to support:

- Energy levels
- Healthy muscle function
- Cardiovascular system health

CoQ10 Excel 150mg

Ubiquinol is the most suitable recommendation for ages 40+

48 ⟷ Moderately active.

Looking to support:

- Heart health
- Energy levels

Ubiquinol BioActive 150mg

58

Family history of heart disease and taking medication to maintain healthy blood lipids.

Looking to support:

- Cardiovascular system health
- Energy levels & physical stamina

Ubiquinol BioActive 300mg

CARDIOMETABOLIC HEALTH | DOSAGE CHART

PRODUCT	WHEN TO USE	KEY FEATURES	DOSAGE GUIDELINES (OR AS PROFESSIONALLY PRESCRIBED)	PREGNANCY & BREASTFEEDING	DIETARY
ANTIOXIDANT, ENERGY PRODUCTION & HEALTHY CHOLESTEROL SUPPORT					
Ubiquinol BioActive 150mg	• Supports cardiovascular system health including: – Heart health. – Helps maintain healthy blood lipids and healthy cholesterol. – Blood vessel health. • Supports energy levels and energy production. • Provides antioxidant support.	• Contains bioavailable ubiquinol (active CoQ10). • 150 mg ubiquinol per capsule.	**Adults:** Take 1 capsule once a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
Ubiquinol BioActive 300mg	• Supports cardiovascular system health including: – Heart health. – Helps maintain healthy blood lipids and healthy cholesterol. – Blood vessel health. • Supports energy production. • Supports physical stamina • Provides antioxidant support. • Supports sperm health, motility and production.	• Contains bioavailable ubiquinol (active CoQ10). • 300 mg ubiquinol per capsule.	**Adults:** Take 1 capsule once a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
CoQ10 Excel 150mg	• CoQ10 supports: – Cardiovascular system health. – Energy levels and energy production. – Physical stamina. – Muscle function. • Vitamin E supports: – Healthy cholesterol.	• Contains CoQ10 and vitamin E. • 150 mg CoQ10 per capsule.	**Adults:** Take 1 capsule once a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
ANTI-INFLAMMATORY & ANTIOXIDANT SUPPORT					
UltraClean EPA/DHA Plus®	• Omega-3 EPA+DHA – Maintain heart and cardiovascular system health. – Provide anti-inflammatory action. – Help in the maintenance of healthy blood lipids. • Vitamin E provides antioxidant support.	• Contains concentrated omega-3 triglycerides providing 530 mg EPA+DHA per capsule. • Contains vitamin E. • Enteric coated. • Vanilla scented. GOED OMEGA-3 PROUD MEMBER · MSC · AlaskOmega®	**Adults:** Take 2 capsules one to three times a day.	Always talk to your health professional before taking multiple products for pregnancy. Advise your doctor of any medicines you take during pregnancy, particularly during your first trimester.	

FOR PROFESSIONAL REFERENCE ONLY.

PRODUCT	WHEN TO USE	KEY FEATURES	DOSAGE GUIDELINES (OR AS PROFESSIONALLY PRESCRIBED)	PREGNANCY & BREASTFEEDING	DIETARY
ANTI-INFLAMMATORY & ANTIOXIDANT SUPPORT CONTINUED...					
Vitamin E Capsules	• Supports cardiovascular system health. • Anti-inflammatory action. • Provides antioxidant support. • Helps maintain healthy cholesterol.	• Contains vitamin E as mixed (low-alpha type) tocopherols and palm tocotrienols complex. • Provides all eight naturally occurring vitamin E isomers. • Made from sustainable palm oil.	**Adults:** Take 1 capsule one to two times a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
ENERGY PRODUCTION & BLOOD VESSEL DILATION					
Pharma Mag Forte	• Supports cardiovascular system and heart health. • Support energy production. • Supports blood vessel health and blood vessel dilation. • Supports muscle relaxation. • Supports the cellular uptake of calcium.	• Contains magnesium as orotate and aspartate. • Provides 204 mg of magnesium per recommended daily dose.	**Adults:** Take 2 tablets two times a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	Vegetarian
BLOOD VESSEL HEALTH					
D3 + K2 Spray	• Vitamin D and vitamin K support cardiovascular system function. • Vitamin K supports artery heath. • Vitamin D supports healthy immune system function.	• Contains 1000 IU of vitamin D3 and 45 micrograms of vitamin K2 as menaquinone 7. • Convenient spray format. MenaQ7	**Adults:** Pump 1 spray (180 microlitres) into the mouth once a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
K2 Capsules	• Supports cardiovascular system function. • Supports artery health. • Supports bone health.	• Contains 180 micrograms per capsule of vitamin K2 as menaquinone 7. MenaQ7	**Adults:** Take 1 capsule once a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	

PRODUCT	WHEN TO USE	KEY FEATURES	DOSAGE GUIDELINES (OR AS PROFESSIONALLY PRESCRIBED)	PREGNANCY & BREASTFEEDING	DIETARY
HOMOCYSTEINE SUPPORT					
Methyl-Max	• Vitamin B12 and folate help reduce homocysteine levels. • Vitamin B6, B12 and folate assist healthy red blood cell production. • Vitamin B6 supports haemoglobin synthesis. • Vitamin B12 supports energy levels.	• Contains activated vitamin B6 and folate (vitamin B9), together with vitamin B2 and vitamin B12. • One a day dose.	**Adults:** Take 1 capsule once a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
BLOOD GLUCOSE & ANTIOXIDANT SUPPORT					
Lipoec 400	• Provides extensive antioxidant activity throughout the body. • Assists glucose metabolism. • Helps convert nutrients from food into energy through the action of the mitochondria.	• Contains 400 mg of lipid and water soluble alpha lipoic acid.	**Adults:** Take 1 capsule one to three times a day.	If you are pregnant or breastfeeding, talk to your health professional before use.	
GlucoFactors Forte™	• Chromium supports healthy blood glucose and assists the breakdown of dietary fat. • Chromium and alpha lipoic acid help glucose metabolism. • Alpha lipoic acid provides antioxidant support. • People with a high sugar intake may have an increased requirement for chromium.	• Contains 300 micrograms of chromium per dose. • Chromium is a key factor in normal healthy glucose metabolism by aiding glucose uptake into cells.	**Adults:** Take 1 capsule once a day.	Do not use during pregnancy and breastfeeding.	
THYROID SUPPORT					
Iodine Drops	• Supports healthy thyroid gland function. • Maintains healthy thyroid hormones. • Aids thyroid hormone production. • Maintains iodine levels in the body in children and adults.	• Provides 288 micrograms of iodine per 3 drops. • Vanilla flavoured oral liquid • Convenient drop format.	**Adults:** Take 3 drops once a day. **Children 2-8 years:** Give 1-2 drops once a day. **Children 9-17 years:** Give 3 drops once a day. Shake well before use. Squeeze gently. Mix in water or juice and consume immediately.	Do not use during pregnancy or breastfeeding.	

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PRODUCT	WHEN TO USE	KEY FEATURES	DOSAGE GUIDELINES (OR AS PROFESSIONALLY PRESCRIBED)	PREGNANCY & BREASTFEEDING	DIETARY
THYROID SUPPORT CONTINUED...					
Iodine Forte	• Supports healthy thyroid gland function. • Maintains healthy thyroid hormones. • Aids thyroid hormone production. • Maintains iodine levels in the body.	• Provides 288 micrograms of iodine per dose (1 spray). • Natural peppermint flavour. • Convenient spray format.	**Adults:** Squirt 1 spray into the mouth once a day. Shake well before use.	Do not use during pregnancy or breastfeeding.	
ThyroPlex®	• Iodine helps to maintain healthy thyroid gland function and supports healthy thyroid hormones. • Selenium and iodine assist thyroid hormone production. • Vitamins C, E, selenium and zinc are antioxidants that reduce free radicals formed in the body. • Vitamins A, C and D support healthy immune system function.	• A blend of nutrients to support healthy thyroid function, plus the herbs bupleurum and schisandra.	**Adults:** Take 1 tablet two times a day.	Do not use during pregnancy or breastfeeding.	
WOMEN'S HEALTH					
MenoPlus 8-PN®	• Relieves menopausal hot flushes. • Traditionally used in Western Herbal Medicine (WHM) to: – Relieve excessive sweating and menopausal night sweats – Relieve sleeplessness • Women experiencing fatigue, and those seeking support for bone health and nervous system function.	• Contains Lifenol®: A concentrated hops extract providing 255 micrograms of 8-PN® per daily dose. • Contains vitamins C and D, lavender essential oil, and herbs used traditionally in WHM for women • Once-a-night dose lifenol®	**Adults:** 2 tablets once a day, before bedtime.	Do not use during pregnancy or breastfeeding.	
Women's Essentials	• Vitamins B2, B3, B5, B6, B9 and B12 relieve tiredness and fatigue. • Iodine and selenium support healthy thyroid gland function. • Biotin, zinc and vitamin A and B2 support skin health. • Vitamins D and boron support bone health. • Reishi mushroom is used in TCM to calm the spirit.	• A comprehensive multivitamin formulated with essential nutrients to support women's general health and wellbeing. • Contains activated B vitamins. • Provides the selected ingredients Vitacholine®, MenaQ7® (MK-7) and *Ganoderma lucidum* (Reishi mushroom) • Easier to consume soft gel capsule. MenaQ7®	**Adults:** Take 1 capsule two times a day.	Do not use during pregnancy or breastfeeding.	

ANTIOXIDANT, ENERGY PRODUCTION & HEALTHY CHOLESTEROL SUPPORT

Ubiquinol BioActive 150mg

Ubiquinol-10 150 mg

30 AND 60 CAPSULES

Each capsule contains:

Ubiquinol-10 (reduced coenzyme Q10)	150 mg

Ubiquinol BioActive 300mg

Ubiquinol-10 300 mg

30 CAPSULES

Each capsule contains:

Ubiquinol-10 (reduced coenzyme Q10)	300 mg

CoQ10 Excel 150mg

Ubidecarenone 150 mg
d-alpha-tocopherol 10 mg (Vitamin E 15 IU)

30, 60 AND 90 CAPSULES

Each capsule contains:

Ubidecarenone (co-enzyme Q10)	150 mg
d-alpha-tocopherol (vitamin E 15 IU)	10 mg

ANTI-INFLAMMATORY & ANTIOXIDANT SUPPORT

UltraClean EPA/DHA Plus®

Concentrated fish oil omega-3 triglycerides

60, 120 AND 240 CAPSULES

Each capsule contains:

Concentrated fish oil omega-3 triglycerides	1 g
equiv. to eicosapentaenoic acid (EPA) 320 mg	
equiv. to docosahexaenoic acid (DHA) 210 mg	
d-alpha-tocopherol	16.8 mg
equiv. to vitamin E 25 IU	

Vitamin E Capsules

With all eight naturally occurring vitamin E isomers

60 CAPSULES

Each capsule contains:

Mixed (low-alpha type) tocopherols concentrate	126.3 mg
Palm tocotrienols complex	120 mg

Magnesium: supporting cellular energy

Orotate and aspartate are citric acid cycle intermediates

ENERGY PRODUCTION & BLOOD VESSEL DILATION

Pharma Mag Forte

Cellular energy production support

60 AND 120 TABLETS

Each tablet contains:

Magnesium orotate dihydrate (magnesium 30 mg)	457 mg
Magnesium aspartate dihydrate (magnesium 21 mg)	280.4 mg
Potassium aspartate monohydrate (potassium 50 mg)	242 mg
Calcium orotate (calcium 10 mg)	80.6 mg
Calcium hydrogen phosphate dihydrate (calcium 34 mg)	146 mg

BLOOD VESSEL HEALTH

D3 + K2 Spray

Colecalciferol plus menaquinone 7

50 ML

Each 180 microlitres (1 spray) dose contains:

Colecalciferol (vitamin D3 1000 IU)	25 micrograms
Menaquinone 7 (vitamin K2)	45 micrograms

K2 Capsules

Supports artery health

60 CAPSULES

Each capsule contains:

Menaquinone 7 MenaQ7® (vitamin K2)	180 micrograms

D3 + K2: the body's bone and cardiovascular partners

BLOOD GLUCOSE & ANTIOXIDANT SUPPORT

Lipoec 400

Extensive antioxidant support

60 CAPSULES

Each capsule contains:

Alpha lipoic acid	400 mg

Chromium: assisting metabolism

GlucoFactors Forte™

Aids healthy glucose metabolism

60 AND 120 CAPSULES

Each capsule contains:

Herbals:

Gymnema sylvestre (gymnema) extract dry conc.	125 mg
equiv. to dry leaf 2 g	
Momordica charantia (bitter melon) extract dry conc.	100 mg
equiv. to fresh fruit 3 g	
Galega officinalis (goat's rue) extract dry conc.	100 mg
equiv. to fresh herb flowering 2g	
Trigonella foenum-graecum (fenugreek) extract dry conc.	100 mg
equiv. to dry seed 400 mg	

Nutrients::

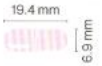
Alpha lipoic acid (R,S form)	200 mg
Chromic chloride hexahydrate (chromium 250 micrograms)	1.3 mg
Chromium picolinate (chromium 50 micrograms)	400 micrograms
Biotin (Vitamin H)	1 mg

HOMOCYSTEINE SUPPORT

Methyl-Max

With activated B6 and B9

60 CAPSULES



Each capsule contains:

Riboflavin (vitamin B2)	15 mg
Pyridoxal 5-phosphate monohydrate (P5P) (active B6)	31.34 mg
Equiv. to pyridoxine (vitamin B6) 20 mg	
Calcium folinate	694 micrograms
Equiv. to folinic acid (activated vitamin B9) 500 micrograms	
Cyanocobalamin (vitamin B12)	500 micrograms
Serine	50 mg

THYROID HEALTH

Iodine Drops

Liquid iodine to support thyroid health

3 drops = 113 mL = 288 mcg Iodine

50 ML ORAL LIQUID

Each 113 microlitres dose (3 drops) contains:

Potassium iodide ..... 377 micrograms
(iodine 288.2 micrograms, potassium 88.6 micrograms)

Iodine Forte

Iodine spray to maintain healthy thyroid hormones

1 spray = 288 micrograms iodine

50 ML ORAL SPRAY

Each 192 microlitres dose (1 spray) contains:

Potassium iodide ..... 376 micrograms
(iodine 288 micrograms, potassium 88 micrograms)

Each 50 mL bottle contains 260 sprays.

ThyroPlex®

Support for healthy thyroid gland function

120 TABLETS

Each tablet contains:

Herbals:

Schisandra chinensis (schisandra) extract dry conc. ..... 187.5 mg
equiv. dry fruit 750 mg

Bupleurum falcatum (bupleurum) extract dry conc. ..... 50 mg
equiv. to dry root 500 mg

Nutrients:

Tyrosine ..... 500 mg

Ascorbic acid (vitamin C) ..... 50 mg

Zinc amino acid chelate
(zinc 10 mg) 50mg

Glutathione (reduced) ..... 25 mg

d-alpha-tocopheryl acid succinate
(vitamin E 12.5 IU) ..... 10.3 mg

Retinol acetate
(vitamin A 375 micrograms retinol equivalents) ..... 431.2 micrograms

Potassium iodide
iodine 145 micrograms ..... 190 micrograms

Selenomethionine
(selenium 75 micrograms) ..... 186 micrograms

Colecalciferol QualiR-D®
(vitamin D3 300 IU) ..... 7.5 micrograms

FOR PROFESSIONAL REFERENCE ONLY

MenoPlus 8-PN®

Herbal complex for women

60 ENTERIC COATED TABLETS

Each tablet contains:

Asparagus racemosus (shatavari) root	66.2 mg
equiv. to dry 1.1 g	
Rehmannia glutinosa (rehmannia) root	166.7 mg
equiv. to dry 1 g	
Salvia officinalis (sage) leaf	300 mg
equiv. to dry 690 mg	
Ziziphus jujuba var. spinosa (zizyphus) seed	60 mg
equiv. to dry 3 g	
Herbal extracts dry concentrate standardised:	
Humulus lupulus (hops) flower – Lifenol®	85 mg
equiv. to dry 1.3 g	
std. to 8-prenylnaringenin (8-PN®)	
127.5 micrograms	
Essential oil:	
Lavender oil	40 mg
Nutrients:	
Ascorbic acid (vitamin C)	100 mg
Colecalciferol	12.5 micrograms
equiv. to vitamin D3 500 IU	

Women's Essentials

Everyday nutritional support with activated B vitamins

120 AND 240 CAPSULES

Each capsule contains:

Vitamins:

Retinol palmitate (vitamin A 372 micrograms retinol equivalents)	682 micrograms
Thiamine nitrate (thiamine, vitamin B1 25 mg)	30.8 mg
Riboflavin (vitamin B2)	15 mg
Riboflavin sodium phosphate (activevitamin B2) (riboflavin, vitamin B2 5 mg)	6.35 mg
Nicotinamide (vitamin B3)	5 mg
Nicotinic acid (vitamin B3)	5 mg
Calcium pantothenate (pantothenic acid, vitamin B5 25 mg) (calcium 2.3 mg)	27.3 mg
Pyridoxal 5-phosphate monohydrate (pyridoxine, active vitamin B6 2.5 mg)	3.9 mg
Pyridoxine hydrochloride (pyridoxine, vitamin B6 20 mg)	24.3 mg
Levomefolate calcium (levomefolic acid, 5-MTHF, active vitamin B9 100 micrograms)	108 micrograms
Calcium folinate (folinic acid, activated vitamin B9 100 micrograms)	127 micrograms
Mecobalamin (active vitamin B12)	50 micrograms
Cyanocobalamin (vitamin B12)	100 micrograms
Ascorbic acid (vitamin C)	37.5 mg
Colecalciferol (vitamin D3 400 IU)	10 micrograms
d-alpha-tocopherol (vitamin E 25 IU)	16.8 mg
Biotin (vitamin H)	50 micrograms
Menaquinone 7 MenaQ7® (vitamin K2)	7.5 micrograms

Minerals:

Calcium hydrogen phosphate (calcium 25 mg)	84.8 mg
Magnesium phosphate pentahydrate (magnesium 17.5 mg)	84.7 mg
Zinc amino acid chelate (zinc 7.5 mg)	37.5 mg
Borax (boron 1 mg)	8.8 mg
Manganese amino acid chelate (manganese 1 mg)	10 mg
Potassium iodide (iodine 75 micrograms)	98.3 micrograms
Chromium picolinate (chromium 25 micrograms)	202 micrograms
Selenomethionine (selenium 25 micrograms)	62.5 micrograms
Molybdenum trioxide (molybdenum 12.5 micrograms)	18.8 micrograms
Nutrients:	
Choline bitartrate VitaCholine®	25 mg
Inositol	12.5 mg
Herbals:	
Ganoderma lucidum (reishi mushroom) extract dry conc.	37.5 mg
equiv. dry fruiting body	750 mg

BioCeuticals®

Cardiometabolic health

RECOMMENDATION GUIDE

	1 Foundation support		2 Targeted healthy cardiovascular system support							
PRODUCT	Antioxidant support	Anti-inflammatory support	Energy production	Blood vessel health	Healthy blood lipid support	Healthy homocysteine support	Healthy blood glucose support	Thyroid health support	Women's health	Menopause health
Ubiquinol BioActive 150mg			●		●					
Ubiquinol BioActive 300mg			●		●					
CoQ10 Excel 150mg			●							
Pharma Mag Forte										
UltraClean EPA/DHA Plus®	○				○					
Vitamin E Capsules	○	○								
D3 + K2 Spray				○						
K2 Capsules				○						
Methyl-Max						○				
Lipoec 400	○						○			
GlucoFactors Forte™							○			
Iodine Drops								○		
Iodine Forte								○		
Thyroplex®								○		
MenoPlus 8-PN®									○	○
Women's Essentials	○								○	○

● Main product recommendation ○ Other product recommendations

References 1. Australian Government. AIHW. 2024 https://www.aihw.gov.au/reports/food-nutrition/diet

Always read the label and follow the directions for use

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